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TITLE
CARD GAMES

BACKGROUND

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10 The present invention relates to geography, history and health related card games and playing cards, particularly as used for educational purposes as it relates specifically to Oceans, Great Lakes, Continents, States and State Capitals, African American Inventors and Inventions, Truth Fact Match , African Nations and Capitals, and Wellness Match.

15 This game, which is equally enjoyed by adults and children, provides not only entertainment but also provides an opportunity to educate participants particularly young people using intellectual stimuli and gamesmanship. It takes subject matter (geography, history and health) that may be considered boring or tedious and makes it fun and exciting.

20 A preliminary search by the inventor failed to disclose the card games of the present invention.

The following is a listing of the patents discovered during the aforementioned search:

PATENT No.	PATENTEE	DATE
U.S. 5,632,488	Sturm et al.	5/27/97
U.S. 5,405,140	Terlinden et al.	4/11/95

TABLE

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U.S. 5,205,563	Dearing	4/27/93
U.S. 5,141,235	Hernandez	8/25/92
U.S. 5,123,846	Lewis	6/23/92
U.S. 4,824,119	Matthews	4/25/89

Card games that entertain and educate are known for a variety of subjects as, for example, Political Figures (US 5,632,488) and US Geography (US 5,405,140). Further, a Card game with back spelled names of states is known in the art (US
5 4,824,119).

SUMMARY OF THE INVENTION

The present invention provides card games with game cards depicting oceans,
10 great lakes, continents, states and state capitals, African American inventors and inventions, Truth Fact Match , African Nations and Capitals, and Wellness Match

The game includes game cards which are organized in one or more decks of 90, 93, 100, 106 or 109 game cards. Each deck consists of Game Cards which are further
15 identified as either Playing Cards or Action Cards. Each Playing Card has a color coded border, as well as indicia, both graphic and pictorial, depicting oceans (Atlantic, Pacific, Indian, Antarctica and Arctic) (93 cards); great lakes (Huron, Ontario, Michigan, Erie, Superior) (93 cards); continents (Africa, Antarctica, Asia, Australia, Europe, North America and South America) (90 cards); or States of the United States
20 and Their Capitals (100 cards); Inventors and Inventions (100 cards); Truth Fact Match (92 cards); African Nations and Capitals (106); and Wellness Match (90).

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Action Cards are an integral part of the Oceans, Great Lakes and Continents games. They are a part of each deck of Game Cards and the play of the game. Action cards with color coded borders direct a beneficial or a detrimental action to be taken by the player drawing an Action Card.

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BRIEF DESCRIPTION OF THE DRAWINGS

These as well as other features of the present invention will become more apparent upon reference to the drawings wherein:

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FIG. 1 is a view of the front and rear faces of a Playing Card and Action Card used in the play of the Oceans aspects of the present game.

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FIG. 2 is a view of the front and rear faces of a Playing Card and Action used in the play of the Continents aspects of the present game.

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FIG. 3 (a) & (b) is a view of the front and rear faces of a Playing Card used in the play of the States and Capitals aspect of the present game.

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FIG. 4 (a) & (b) is a view of the front and rear faces of a Playing Card used in the play of the African American Inventions and Inventors aspect of the present game.

FIG. 5 (a) & (b) is a view of the front and rear faces of a Playing Card used in the play of the African Nations and Capitals aspect of the present game.

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FIG. 6 (a) & (b) is a view of the front and rear faces of a Playing Card used in the play of Truth Fact Match aspect of the present game.

FIG. 7 is a view of the front and rear faces of a Playing Card used in the play
5 of the Great Lakes aspects of the present game.

FIG. 8 (a) & (b) is a view of the front and rear faces of a Playing Card used in the play of the Wellness Match aspects of the present game.

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DETAILED DESCRIPTION OF THE INVENTION

Referring to the drawings, the present invention will be seen to relate to a card game(s) that provides Game Cards consisting of Playing Cards with a color coded border and Action Cards.

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Playing Cards depict Oceans (Fig. 1,a,b), Continents (Fig. 2,a,b) or States and States Capitals (Fig. 3,a,b), African American Inventors and Inventions (Fig. 4,a,b), African Nations and Capitals (Fig. 5,a,b), Truth Fact Match (Fig.6,a,b), Great Lakes (Fig. 7,a,b) and a Wellness Match (Fig. 8).

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Included in the game are Action Cards, for the Oceans, Continents and Great Lakes versions of the Card Games, which have indicia directing a beneficial or a detrimental action to be taken by the player drawing an Action Card with a color coded border during play. Examples of such Action Cards are provided below:

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ACTION CARDS

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Pick Three

Lose Turn

Extra Turn

Bonus Pick Five (the five oceans listed on each)

Bonus (without any ocean listed)

Joker

Players Pick One

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OPERATION OF THE GAME

The directions for playing the various forms of the games are as follows:

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OCEANS

Oceans may be played by both adults and children as young as the age of six years with 2-6 players playing at any one time. The object of the game is to be the first player to get rid of all cards in players hand.

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The play of the game is as follows:

Each player in turn attempts to play one card from player's hand by matching a color coded border, ocean or word on the top of the Pick/Draw pile. The first player to get rid of all their cards wins.

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The deck contains 93 Playing Cards as follows:

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# of Card	Ocean	White	Fuschia	Purple	Brown	Orange
10	Atlantic Ocean	2	2	2	2	2
10	Pacific Ocean	2	2	2	2	2
10	Indian Ocean	2	2	2	2	2
10	Antarctica Ocea	2	2	2	2	2
10	Arctic	2	2	2	2	2

A color coded border is listed on each of the following Action Cards with the
5 specified instruction.

#	Instruction	Background	White	Fuschia	Purple	Brown	Orange
10	Pick Three		2	2	2	2	2
10	Lose Turn		2	2	2	2	2
5	Extra Turn		1	1	1	1	1
5	Players Pick One		1	1	1	1	1
5	Bonus Pick Five	White					
5	Bonus-no listing	White					
3	Joker	Black					

- Every player is dealt five Game Cards with the remaining ones placed face down to form a Pick/Draw pile. The top card of the Pick/Draw Pile is turned over to begin the Discard Pile. The card atop the Pick/Draw Pile is turned over to begin the Discard Pile. For example, if the card is an Orange Pacific Ocean, then the player must throw out any color-coded Pacific Ocean Card, or any orange color coded Action card – Player Pick One, Pick Three, Extra Turn (orange color coded), Lose Turn, or any Bonus, Joker or Bonus Pick Five Action Card. If the player does not have anything to match, he/she may change the Ocean Card with any orange colored Ocean Card, or must pick a card from the Pick/Draw Pile. If he/she can play what is drawn excellent. Play then moves to the next person on the left. Once a player has no cards left the game is over.

Choosing a Dealer:

Every player picks a card. The first person that picks a Joker, Bonus or a Bonus Pick Five Action Card deals. The player to the left of dealer starts play.

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Starting the Discard Pile:

If an Action Card is the first one turned up from the Pick/Draw Pile, the player proceeds as follows:

Bonus Card Pick Five - It is put back in the deck and another one is chosen.

10 Bonus Card - The player left of the dealer calls out an ocean and then plays.

Joker- The player left of the dealer calls out an ocean and then plays.

Pick Three Card - The player left of the dealer must pick three cards and the next player calls the ocean.

15 Lose Turn Card - The player left of the dealer who has drawn this card loses a turn and the player left to him/her starts the play.

Extra Turn Card - The player left of the dealer gets an extra turn and starts the play.

20 Players Pick One- This player calls an ocean and each player must pick a card and loses a turn. Note: If a player cannot call one ocean the next player may.

What the Action Cards mean:

Pick Three Card - When this card is played, the next person to play must pick three cards and forfeits his/her turn.

25 Lose Turn Card - This player loses a turn and is skipped.

Players Pick One Card-All players, except for the player playing this card must pick one card and forfeits his/her turn.

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Extra Turn Card - This player gets an extra turn (two consecutive turns).

Bonus Card - This card can be played on any card. The person playing this card calls any ocean to continue play. Including the ocean being presently played if desired. A Bonus card can be played even if the player has another playable card in his/her hand.

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Bonus Pick Five Card - This is one of the best and most favorable cards to have. The player gets to call the next ocean played and the next player has to pick five cards and forfeit his/her turn. However, a player can only play this card when said player does not have a card in player's hand that matches the ocean of the card previously played. Thus a player can not have a matching ocean card and play his/her Bonus-Pick Five Card.

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Joker - This is the greatest card to have, it may be substituted for any card. The player of this card must state the card and color.

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When an Extra Turn, Lose Turn, Pick Three or Players Pick One Action Card is played the next card played must match the color of this Action Card, or the previous Ocean Card.

20 Going Out:

The first person to rid him/her self of all their cards wins. "Beginning a turn" is defined as either drawing a card from the Pick/Draw Pile or playing a card from player's hand.

25 Reshuffling the pick pile:

If no one is out of cards by the time the Pick/Draw Pile is depleted, the dealer must reshuffle leaving out the last ocean and action card played and play resumes.

Reneging:

- 5 A player may choose not to play a playable card from player's hand. If so, the player must pick a card from the Pick/Draw Pile. If playable, that card can be played, but the player may not play a card from player's hand after the draw.

Penalties:

- 10 If a player makes a card suggestion to another player, he/she must pick five cards. If a player plays a Bonus Pick Five card illegally and gets caught, he/she must first show his/her hand to the player challenged. If guilty, he/she must pick five cards. If not guilty, the challenger must pick three cards in addition to the five. The challenge can only be made by the person required to pick the five cards.

Rules for Two-Handed Play, Partners and Multi-Table Tournaments::

- 15 1. Playing an Extra Turn card acts accordingly. The player who plays the Extra Turn card may immediately play again.
2. The person playing the Lose Turn card may immediately play another card.
3. When a Players Pick One, Pick Three or Bonus Pick Five card is played and your opponent has picked one/three/five cards the play is back to you.

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STACKIES

- 25 Stackies is a short hand version of playing the Ocean, Continents and Great Lakes games. In order to interject this form of play into the game it has to be announced prior to the commencement of play and agreed to by all the players. A player may discard all of the same type of cards if at his/her turn that card is facing up in the Pick/Draw pile. This type of play is referred to as stacking or Stackies.
Example: If a Pacific Ocean Card is played, the next player in turn may stack the

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play with all of his /her Pacific Ocean cards. This is a means of getting rid of more than one card at a turn. A player may even top the pile with several Players Pick One, Pick Three, Bonus, Bonus Five, Extra Turn, Lose Turn and Joker cards. The next player may stack with the same cards; the next player must pick the same amount of 5 cards.

PILES

Play is made easier by placing the discarded cards into two piles (i.e. Oceans and Action Card piles).

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CONTINENTS

Continents is played in the same manner as Oceans described above.

The Deck contains 90 Game Cards as follows:

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PLAYING CARDS

#	Playing Cards	White	Fuschia	Purple	Brown	Orange	Gray	Black
7	AFRICA	1	1	1	1	1	1	1
7	ANTARCTICA	1	1	1	1	1	1	1
7	ASIA	1	1	1	1	1	1	1
7	AUSTRALIA	1	1	1	1	1	1	1
7	EUROPE	1	1	1	1	1	1	1
7	NORTH AMERICA	1	1	1	1	1	1	1
7	SOUTH AMERICA	1	1	1	1	1	1	1

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#	Action Card	White	Fuschia	Purple	Brown	Orange	Gray	Black
7	Extra Turn	1	1	1	1	1	1	1
7	Lose Turn	1	1	1	1	1	1	1
7	Pick Three	1	1	1	1	1	1	1
7	Players Pick One	1	1	1	1	1	1	1
		Border		Background				
5	*Bonus	white						
5	*Bonus Pick Five/All Continents listed	white						
3	Jokers	white		black				

ACTION CARDS

- 5 7 - PICK THREE
- 7 - LOSE TURN
- *5 - BONUS PICK FIVE (All Of The Continents Listed On Each Card)
- *5 - BONUS (No Continents Listed)
- 7 - EXTRA TURN
- 7 - PLAYERS PICK ONE
- 10 3 - JOKER

GREAT LAKES

Great Lakes is played in the same manner as oceans and continents.

The deck contains 93 cards, and the color code is the same as the Ocean cards.

#	Great Lakes	White	Fuschia	Purple	Brown	Orange
10	Huron	2	2	2	2	2
10	Ontario	2	2	2	2	2
10	Michigan	2	2	2	2	2
10	Erie	2	2	2	2	2
10	Superior	2	2	2	2	2

#	Action Cards	White	Fuschia	Purple	Brown	Orange
5	Extra Turn	1	1	1	1	1
10	Lose Turn	2	2	2	2	2
10	Pick Three	2	2	2	2	2
5	Players Pick One	1	1	1	1	1

	Action Cards	Background
5	*Bonus	white
5	*Bonus Pick Five/Five Lakes	white
3	Jokers (picture of a joker)	black

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STATES AND CAPITALS

The deck contains 100 game cards as follows:

50 Playing Cards with the name of each state listed (capitals listed on the bottom in fine print)

10 50 Playing Cards with the state capitals listed (states listed on the bottom in fine print)

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States and Capitals may be played by both adults and children as young as the age of six years with 2-10 players. The object of the game is to be the first player to get rid of all cards in players hand.

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The play of the game is as follows: The states and capitals are selected from the following:

<u>STATES</u>	<u>CAPITALS</u>
Alabama	Montgomery
Alaska	Juneau
Arizona	Phoenix
Arkansas	Little Rock
California	Sacramento
Colorado	Denver
Connecticut	Hartford
Delaware	Dover
Florida	Tallahassee
Georgia	Atlanta
Hawaii	Honolulu
Idaho	Boise
Illinois	Springfield
Indiana	Indianapolis
Iowa	Des Moines
Kansas	Topeka
Kentucky	Frankfort
Louisiana	Baton Rouge

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Maine	Augusta
Maryland	Annapolis
Massachusetts	Boston
Michigan	Lansing
Minnesota	St. Paul
Mississippi	Jackson
Missouri	Jefferson City
Montana	Helena
Nebraska	Lincoln
Nevada	Carson City
New Hampshire	Concord
New Jersey	Trenton
New Mexico	Santa Fe
New York	Albany
North Carolina	Raleigh
North Dakota	Bismarck
Ohio	Columbus
Oklahoma	Oklahoma City
Oregon	Salem
Pennsylvania	Harrisburg
Rhode Island	Providence
South Carolina	Columbia
South Dakota	Pierre
Tennessee	Nashville
Texas	Austin
Utah	Salt Lake City

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Vermont	Montpelier
Virginia	Richmond
Washington	Olympia
West Virginia	Charleston
Wisconsin	Madison
Wyoming	Cheyenne

- Each player is dealt five cards. Each player in turn picks a card from the draw pile that is used to match the state and capitals. Players throw out a card after picking a card if they don't need it (one card from the draw pile or their hand). Once a match
- 5 is obtained the player, during his/her turn, must announce the state and capital while discarding the matched cards. The matched cards are discarded until all cards are discarded. The first player to discard all cards wins.

TRUTH FACT MATCH

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The deck contains 92 game cards with the words TRUTH FACT MATCH imprinted in a bold font on the front side and the back side imprinted as follows:

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46 Playing Cards with a name or a fact about African history imprinted in center of card in bold print (matching facts listed on the bottom in fine print)

46 Playing Cards with a matching fact imprinted in center of card in bold print (a name or a fact about African history listed on the bottom in fine print)

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TRUTH FACT MATCH may be played by both adults and children as young as the age of six years with 2-6 players. The object of the game is to be the first player to get rid of all cards in players hand.

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The play of the game is as follows:

- Each player is dealt five cards. Each player in turn picks a card from the draw pile that is used to match the a name or a fact about African history. Players throw out a card after picking a card if they don't need it (one card from the draw pile or their hand). Once a match is obtained the matched cards are discarded until all cards are discarded. The first player to discard all cards wins.

The name or historical fact about African history is selected from the following:

10

<u>NAME/FACT</u>	<u>MATCHING FACT</u>	<u>MATCHING FACT</u>
Africa	Cradle Of Civilization	Second Largest Continent
Imhotep	Created The Step Pyramids	The Father of Medicine
Hieroglyphics	Egyptian Writings That Used Pictures	Communication
Ankh	The Symbol of Life	
God	Amon-Ra (One Creator)	
Religion	Began In Africa	/Africans Believed In One God
Kings/Pharaohs	Ramses, Tutankhamon, Akhenaten, Thutmose III	
Queens	N'Zinga, Hatshepsut, Nefertiti	
Great Empires	Ghana, Mali, Soghai, Kush,	
Maat	Comprehensive Code of Laws/	Principles; Commandments
Griot	Oral Historians	
Timbuktu	A City In Ancient Africa	

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	Known For Wealth and Schools	
African Communities	Yoruba, Zulu Nubians, Ashanti, Masai, Bantu	
Resources	Gold, Diamonds And Many Other Natural Resources	
Master Shipbuilders	Africans Built Ships And Sailed o Asia And Europe Before Columbus	
Invaders of Africa	Asians, Arabs, Greek, Romans And Northern Europeans	Searching for Resources
Goree Island	In West Africa/Off The Coast Of Senegal	Place For Slave Trade
Revolted	Africans Rejected Slavery	
Joseph Cinque	Led A Revolt Of The Ship, Amistad	Returned To Africa
Queen Amina - Of Zaria (1588 - 1589)	The Elder Daughter of Bakwa Turunku	Founded Zazzau Kingdom In 1536
Slave Coast -	Bordering The Bight Of Benin On The Gulf Of Guinea	Slave Exportation from 16th - 19th Century
Auset a/k/a Isis	The Wife Of Osris	Mother OF Seth And Horus
Ausar a/k/a Osiris	Husband Of Isis	Father of Seth And Horus
Heru a/k/a Horus	Son Of Ausar And Aset	Brother Of Setyphon
Setyphon a/k/a-Seth	Son of Ausar And Aset	Brother of Heru
God Concepts	Ausar And Aset	
African	Ancestors To All Mankind-	
Khufu	King of the 4th Dynasty	Largest Pyramid Builder in

Egypt

Hatshepsut	Reigned As A King During 18th Dynasty	
King Tutankhamon - Dynasty -	Buried In The First Tomb Discovered Undisturbed A Succession Of Rulers From The Same Family Or Ancestral Lineage	18th Dynasty/Known As The Boy King
Ramses II Pharaoh	Ruled from 1279 - 1212 BC King	The Last Of Ancient Egypt's Great Pharaohs
Mummification	Preservation Of A Dead Person's Body	
Nandi -	Queen of Zululand (1778 - 1826 AD)	
Ancestral Worship	Priest & Priestesses Would Meditate In Order To Communicate With The Deceased To Receive Guidance And Blessings	
Caduceus -	The Symbol Of The Medical Profession (A Winged Staff entwined By Two Serpents)	This Insignia Was Found On Imhotep's Temples
TWA People Alkebu-Lan	Called The Pygmies Indigenous Name Meaning Land of The Spirit People	They Created The Star Of David Africans

Africa	Name Given To The Continent By The Greeks	
Egyptian Science And Symbols	Designs Given To The Lincoln Memorial, Washington Monument, Obelisk - Vatican In St. Peter	
Martial Arts -	Egyptian Warrior Scientist Laid The Foundation For All Martial Arts	
Africoid Olmecs	Parent Culture of Ancient America	
Sphinx Of Giza -	Hamachis	
Ethiopians	Laid the Basis for Religion	
Hannibal	An African Man	Conquered Spain And France in 218 BC

AFRICAN AMERICAN INVENTORS AND INVENTIONS

- 5 The deck contains 100 game cards with the words INVENTORS AND INVENTIONS imprinted in a bold font on the front side and the back side imprinted as follows:

- 10 50 Game Cards, each game card with the name of an African American inventor imprinted in center of the game card in bold print (corresponding invention imprinted on the bottom in fine print)

50 Playing Cards with the name of an invention invented by an African American inventor imprinted in center of card in bold print (the name of the corresponding inventor imprinted on the bottom of the game card in fine print)

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INVENTORS AND INVENTIONS may be played by both adults and children as young as the age of six years with 2-10 players. The object of the game is to be the first player to get rid of all cards in players hand.

10 The play of the game is as follows:

Each player is dealt five cards. Each player in turn picks a card from the draw pile that is used to match an inventor or an invention. Players throw out a card after picking a card if they don't need it (one card from the draw pile or their hand). Once a match is obtained the matched cards are discarded until all cards are discarded. The

15 first player to discard all cards wins.

The inventor and invention are selected from the following:

	<u>Inventor</u>	<u>Invention</u>	<u>Date</u>
20	Imhotep	Stethoscope/The father of Medicine	Ancient Egypt
	Paul B. Downing	Mailbox	October 27, 1891
	J. L. Love	Pencil Sharpener	Nov. 23, 1897
	J. Standard	Refrigerator	July 14, 1891
25	W. A. Martin	Lock	July 23, 1889
	Burrige & Marshman	Typewriter	April 7, 1885
	Granville T. Woods	Telephone Transmitter	December 2, 1884

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	Thomas Stewart	Mop	June 11, 1893
	Garrett Morgan	Traffic Light/Gas Mask	Nov. 20, 1923
			Oct. 13, 1914
	Lewis Latimer	Carbon Filaments/Electric Bulb	Approx. 1882
5	Sarah Boone	Ironing Board	Dec. 30, 1887
	Charles Drew	Blood Plasma Bag	Approx. 1945
	T. Elkin	Chamber Commode	January 8, 1897
	W. B. Purvis	Fountain Pen	Jan 17, 1890
	Lydia D. Newman	Hair Brush	Nov. 15, 1898
10	Michael C. Harvey	Lantern	August 19, 1884
	Alexander Miles	Elevator	Oct. 11, 1867
	I. R. Johnson	Bicycle Frame	Oct. 10, 1899
	J. Ricks	Horseshoe	March 30, 1886
	Edmond Berger	Spark Plug	Feb. 2, 1839
15	Benjamin Banneker	Almanac	Approx. 1791
	Lawrence P. Ray	Dust Pan	August 3, 1897
	James Robinson	Lunch Pail	Approx. 1887
	S. R. Scratton	Curtain Rod	Nov. 30, 1889
	G. T. Sampson	Clothes Dryer	June 6, 1892
20	Joan Clark	Medicine Tray	April 1, 1986
	M. A. Cherry	Tricycle	May 8, 1888
	George W. Carver	Peanuts /Sweet potatoes	Approx. 1896
	John W. Reed	Rolling Pen	Approx. 1884
	Brody & Surgwar	Folding Chair	June 11, 1889
25	Joseph N. Jackson	Programmable TV Remote	March 28, 1978
	W. H. Richardson	Baby Buggy	June 18, 1899
	F. J. Loudin	Key Chain	January 9, 1894

	T. A. Carrington	Stove	July 25, 1876
	J. W. Winters	Fire Escape Ladder	May 7, 1878
	J. A. Burr	Lawn Mower	May 19, 1889
	O. Dorsey	Door Knob	Dec. 10, 1878
5	J. Thomas White	Lemon Squeezer	December 8, 1896
	Frederick Jones	Thermostat Control	February 23, 1960
	C. O. Baliff	Shampoo Headrest	October 11, 1898
	O. Dorsey	Door Stop	Dec. 10, 1878
	T. J. Marshall	Fire Extinguisher	October 26, 1872
10	Al Cralle	Ice Cream Scoop	February 2, 1897
	August Jackson	Ice Cream	Approx. 1832
	Joseph Dickinson	Record Arm Player	January 8, 1918
	Madame C. J. Walker	Hair Products	Approx. 1905
	Ruane Jeter	Digital Toaster	April 14, 1987
15	Richard B. Spikes	Automatic Gear Shift	February 6, 1932
	W. D. Davis	Riding Saddle	October 6, 1896
	Willie Johnson	Egg Beater	February 5, 1884

AFRICAN COUNTRIES AND CAPITALS

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The deck contains 106 game cards with the words AFRICAN NATIONS AND CAPITALS imprinted in a bold font on the front side and the back side imprinted as follows:

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53 Playing Cards with the name of an African Nation imprinted in center of card in bold print (a corresponding capital listed on the bottom in fine print)

53 Playing Cards with the name of an African Nation's capital imprinted in center of card in bold print (the name of an African Nation listed on the bottom in fine print)

- 5 AFRICAN NATIONS may be played by both adults and children as young as the age of six years with 2-10 players. The object of the game is to be the first player to get rid of all cards in players hand.

The play of the game is as follows:

- 10 Each player is dealt five cards. Each player in turn picks a card from the draw pile that is used to match the African Nation and Capital. Players throw out a card after picking a card if they don't need it (one card from the draw pile or their hand). Once a match is obtained the matched cards are discarded until all cards are discarded. The first player to discard all cards wins.

- 15 The name African Nations and Capitals are selected from the group consisting of the following:

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NATION

CAPITAL

Algeria

Algiers

Angola

Luanda

Benin

Porto Novo

Botswana

Gaborone

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Burkina Faso

Ouagadougou

Burundi

Bujumbura

Cameroon

Yaounde

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	Cape Verde	Praia
	Central Afr. Repub.	Bangui
	Chad	N'djamena
	Comoros	Moroni
5	Congo	Brazzaville
	Cote D'Ivoire	Abidjan
	Djibouti	Djibouti
	Egypt	Cairo
	Equatorial Guinea	Malabo
10	Eritrea	Asmara
	Ethiopia	Addis Ababa
	Gabon	Libreville
	Gambia	Banjul
	Ghana	Accra
15	Guinea	Conakry
	Guinea-Bissau	Bissau
	Kenya	Nairobi
	Lesotho	Maseru
	Liberia	Monrovia
20	Libya	Tripoli
	Madagascar	Antananarivo
	Malawi	Lilongue
	Mali	Bamako
	Mauritania	Nouakchott
25	Mauritius	Port Louis
	Morocco	Rabat
	Mozambique	Maputo

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	Namibia	Windhoek
	Niger	Niamey
	Nigeria	Abuja
	Rwanda	Kigali
5	Sao Tome & Principe	Sao Tome
	Senegal	Dakar
	Seychelles	Victoria
	Sierra Leone	Freetown
	Somalia	Mogadishu
10	South Africa	Pretoria
	Sudan	Khartoum
	Swaziland	Mbane
	Tanzania	Dar-es-Salaam
	Togo	Lome
15	Tunisia	Tunis
	Uganda	Kampala
	Zaire	Kinshasa
	Zambia	Lusaka
	Zimbabwe	Harare

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WELLNESS MATCH

The deck contains 90 game cards with the words WELLNESS MATCH imprinted in a bold font on the front side and the back side imprinted as follows:

- 45 Playing Cards with the name of a Wellness Match Term imprinted in center of card in bold print (a corresponding wellness match fact listed on the bottom in fine Print)
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45 Playing cards with the name of a Wellness Match Fact imprinted in center of card in bold print (a corresponding wellness match term listed on the bottom in fine print)

- 5 WELLNESS MATCH may be played by both adults and children as young as the age of nine years with 2-6 players. The object of the game is to be the first player to get rid of all cards in player's hand.

The play of the game is as follows:

- 10 Each player is dealt five cards. Each player in turn picks a card from the draw pile that is used to match the Wellness Term of Fact. Players throw out card after picking a card if they don't need it (One card from the draw pile or their hand). Once a match is obtained, the matches are stated and discarded, until all cards are discarded. The first player to discard all cards wins.

- 15 Wellness Match Terms and Facts are selected from the group consisting of the following:

WELLNESS MATCH – Ages 9 – Adult

- 20 1. Herbs Help The Body To Heal Itself/Medicine Removes The Symptoms.
2. Muscles, Stamina, And Energy Are Built By Exercise.
3. Good Health Is Natural And Simple.
4. Causes Of Disease: Toxicity, Timing And Thoughts.
5. Healing Starts From The Internal(Inside) To External (Out).
- 25 6. A Cold Is A Sign That The Body Is Detoxifying Itself.
7. Healing – In We Go To Mend, Out We Come Healthy Again.

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8. Pure Water – Drink 1-Oz Of Pure Water/To Every 2lbs. Of Body Weight. (Divide Your Weight By 2) or 1 gallon if possible.
9. Protein – Nutritional Need is 20-50 Grams or Less Per Day 3-4 times per week.
10. A Weakened Immune System Is A Welcome Sign For Germs And Diseases.
- 5 11. Phony Foods Are Processed/Refined Foods That Inhibit Health/Whole Foods
=Natural And Raw.
12. Negative Thoughts/Energy Generate Acid-Acid Generator.
13. Toxins Are Produced From High Protein Foods Such As Meat, Dairy And Grains.
14. New Start = Nutrition, Exercise, Water, Sunshine, Temperance, Air(Fresh), Rest
10 And Trust In The Divine.
15. Fruits And Vegetables Are Alkaline Producers.
16. Meat, Poultry, Fish, Seeds, Nuts And Grains Are Acid Producers.
17. Alkaline Balances Acid.
18. Food Pyramid Servings: Fruits – 2, Vegetables – 3-5, Whole Grains 6-11,
15 Protein/Beans/Nut, Seeds And Meat/Alternatives 2-3.
19. Food Pyramid Servings: Dairy/Soy/Rice & Other Fortified Alternatives 2-3, Fats,
Oils, Sweets – Eat Sparingly.
20. Herbivores Eat Only Plants, Carnivores Eat Meat And Fish.
21. Charkras The Seven Centers Of Spiritual Energy In The Human
20 Body=Sanskrit/Hindi.
22. Love=Unconditional=Love For Creator, Self, And Others.
23. Wellness=Positive Thoughts, Good Nutrition, Exercise, Rest Fresh Air, Pure
Water And Proper Elimination.
24. Shoo Negative Thoughts Away, Invite Positive Thoughts.
- 25 25. Balance In Relationships-Forgiveness And Reconciliation.
26. Whirm=Warmth, Honesty, Integrity, Responsibility, Mutuality.
27. Smiles And Proper Attitude Per Day Keep The Doctor Away.

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28. pH-Potential Of Hydrogen – Measure The Relative Acidity Or Alkalinity Of A Solution Also How Healthy You Are.
29. pH Measure – 0.00 To 14.00 – 7.00 Is Neutral.
30. Acid Scale – 0-6.
- 5 31. Alkaline Scale – 8.00-14.
32. 3 Sources Of Acid - Fruits, Cellular Activity And Acid-Producing Foods.
33. Body Fluids Are Measured By pH.
34. How Do We Nourish Our Cells? The Food We Eat Nourishes Our Cells.
35. Begin The Day With Exercise And Breakfast.
- 10 36. What Goes In Must Come Out – Proper Bowel/Urine Eliminations, Enemas And Colonics.
37. Fasting –To Eat Small Amounts Of Raw Foods Or Abstain From Food.
38. Proper Skin Cleansing: Brushing, Baths, Saunas And Sweat Lodges.
39. Aromatherapy – The Essential Use Of Oils, Fragrances, Substances, Lotions And
- 15 Inhalants In An Effort To Affect Mood And Promote Health.
40. Pampering – Is A Unique Distinction Of Restoring The Inner Self; It Transforms Your Mind, Body, Spirit And Infuses Your Life With More Joy.
41. Massage – Rubbing Or Kneading Parts Of The Body To Aid Circulation Or Relax The Muscles.
- 20 42. Reflexology – The Application Of Finger Pressure, Especially To The Feet Using A Massage Method That Relieves Nervous Tension.
43. Health Is Wealth – Live The Best Life Possible.
44. Know Thyself – Oneness (Spiritual Connectedness) With The Creator.
45. Proper Cooking/Eating Utensils – Stainless Steel, Glass, Cast Iron.

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All of the games may optionally be played in conjunction with a game board. The game board will have spaces for the draw pile, discard pile and an area for the card in play.

Changes and modifications in the specifically described embodiments can be
5 carried out without departing from the scope of the invention.

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